

CERTIFICATE IN NATURE-BASED PRACTICE

circleofliferediscovery.com

CIRCLE OF LIFE
REDISCOVERY



WHEN:

Part 1 in the woods: June 30th – July 2nd 2025
Part 2 in the woods: 19th September 2025 with four webinars in between



WHERE:

Our stunning woodland setting - Mill Woods, off Park Lane, near Laughton, East Sussex, BN8 6BP

Gain the skills and confidence you need to take your practice outdoors

Why take this course

Nature connection is a powerful therapeutic tool for supporting people living with a wide range of mental and physical health conditions. If you are thinking about taking people, young and old, outdoors, either on a one to one basis or in groups, then this course is the best place to start.

This training brings together best practice and theory from nature connection, eco-psychology, embodiment, resilience, mental health and neuroscience to enable working with individuals and groups of all ages.

How you will learn

Through a combination of experiential learning, webinars and online resources, you'll gain the confidence and competence to work with people in a range of outdoor settings.

You'll learn:

- ✓ A therapeutic nature-based model that meets your clients' whole health: mind, body, social and environmental relationships
- ✓ Nature connection, neuroscience and supporting mental health
- ✓ Practical outdoor nature-based skills and activities
- ✓ Adapting activities to a range of green spaces
- ✓ How to be a reflective practitioner
- ✓ Practical skills to minimise risks associated with taking groups in your care outdoors
- ✓ Ways of embodying your own nature based relationships in order to stimulate and balance clients brain body relationships



Stepping out into nature from our traditional indoor setting, frees my clients from the constraints of eye contact helping them relax, and facilitates trust and conversations.

- Quote from previous student

Who is the course for?

The course is suited to professionals who support children, young people and adults, including:

- Psychiatrists
- Psychotherapists or psychologists
- Health professionals
- Mental health, social or youth workers
- Teachers
- Occupational therapists
- Art, drama or play therapists
- Creative practitioners
- Family, support, time & recovery workers



The course has been fantastic for both my own wellbeing and helped me to think about how I can carry on ideas to my own practice and workplace.

- Quote from previous student



Key dates

- Part 1 in the woods: June 30th – July 2nd 2025, 9.00am – 5.00pm
- Webinar 1: 7th July 2025, 5.30pm – 7.30pm
- Webinar 2: 14th July 2025, 5.30pm – 7.30pm
- Webinar 3: Tuesday 26th August 2025, 5.30pm – 7.30pm
- Webinar 4: Monday 8th September 2025, 5.30pm – 7.30pm
- Part 2 in the woods: 19th September 2025, 9.00am – 4.00pm

Course summary

- Number of units: 4
- How long will it take?: 31 hours guided face to face learning
18 hours private study/ work experience
8 hours online webinars
- Cost: £980
Bursary places available

To find out more and to book scan the QR code:

Four or more places: £720 each, individual place: £980.

Bursary places available, [apply here](#). Price includes refreshments on our woodland days.

Visit: circleofliferediscovery.com/certificate-in-nature-based-practice/



Who we are

Winner of Therapeutic Services Provider of the Year 2022/3 - Corporate LiveWire Global Awards

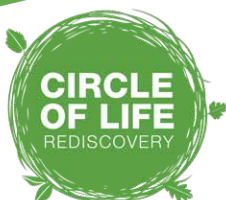
Circle of Life Rediscovery is a multi-award-winning Community Interest Company, transforming education, health and family and supporting people to reach their potential through nature. This course is run by recognised experienced practitioners. We have pioneered green interventions while working with NHS

departments – CAMHS, FISS CAMHS, Early Psychosis, Dementia, LACAMHS and more.

Since 2009 CLR has taught teachers, health professionals and outdoor practitioners skills to take educational and therapeutic programmes outdoors. At the same time, we provide nature-centred learning and therapeutic experiences for young people, adults and families in our stunning Sussex woodland site.



Marina Robb and Jon Cree, course lead facilitators



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